

# READING COMMUNITY EDUCATION

## FALL 2014



Reading Community Education  
82 Oakland Road  
Reading, MA 01867  
781-942-9136

Website: [http://bit.ly/reading\\_community\\_ed](http://bit.ly/reading_community_ed)  
Email: [communityed@reading.k12.ma.us](mailto:communityed@reading.k12.ma.us)



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## General Information

### HOW TO REGISTER & PAY:

- 1) **Online-**  
[http://bit.ly/reading\\_community\\_ed](http://bit.ly/reading_community_ed)
- 2) **By mail or in person (8:00a.m. – 4:00p.m.):**  
Reading Community Education  
82 Oakland Road  
Reading, MA 01867

**SENIOR CITIZENS:** Reading residents age 62+ may deduct 20% off course tuition. Non-Reading residents age 62+ may deduct 10% off course tuition. (Sorry, no discount for online courses). Discount not available with online registrations, you must drop off or mail in your registration form in order to apply the discount

**REFUNDS:** Refunds are subject to a \$10 administration fee. Full refunds will be given when Reading Community Education cancels a class or in case of illness or injury of registered student. If you are dissatisfied with a program, please contact us before the start of the second class for a refund. No refunds will be made after the start of the second class. Requests for refunds must be made in writing to the director before the second class. Notifying the instructor, or ceasing to attend, does not constitute official withdrawal.

**CONFIRMATION:** Confirmations will be sent via email.

**LOCATIONS:** All locations are in Reading, unless otherwise noted.

**Birch Meadow School-** 27 Arthur B. Lord Dr., Reading

**Coolidge Middle School-** 89 Birch Meadow Dr., Reading

**Killam School-** 333 Charles St., Reading

**Parker Middle School-** 45 Temple St., Reading

**RMHS-** 62 Oakland Rd., Reading

**CANCELLATIONS:** Courses may be cancelled one week before the course date if enrollment is insufficient. Courses are filled on a first come, first served basis. Evening school programs will be cancelled when day school is cancelled. Call 781-942-9136 for information.

### CONTACT INFORMATION/QUESTIONS:

**Sandy Calandrella**

*Director of Community Education*

**Christina DiRico**

*Community Services Coordinator*

Email: [communityed@reading.k12.ma.us](mailto:communityed@reading.k12.ma.us)

Office: 781-942-9136 Fax: 781-942-9149

SEPTEMBER 2014					9/1 – Labor Day – SCHOOL CLOSED	NOVEMBER 2014					11/11 – Veterans Day NO SCHOOL
M	T	W	Th	F		M	T	W	Th	F	
X	2	3	4	5		3	4	5	6	7	
8	9	10	11	12		10	X	12	13	14	
15	16	17	18	19		17	18	19	20	21	
22	23	24	X	26		24	25	26	X	X	
29	30				9/25- Rosh Hashanah SCHOOL CLOSED						11/27 & 11/28 – Thanksgiving Break – SCHOOL CLOSED
OCTOBER 2014					10/13- Columbus Day SCHOOL CLOSED	DECEMBER 2014					12/24-12/31 – Winter Break NO SCHOOL
M	T	W	Th	F		M	T	W	Th	F	
		1	2	3		1	2	3	4	5	
6	7	8	9	10		8	9	10	11	12	
X	14	15	16	17		15	16	17	18	19	
20	21	22	23	24		22	23	X	X	X	
27	28	29	30	31		X	X	X			

## COMPUTERS

### CONQUERING LINKEDIN

We will review the key sections of a personal and company LinkedIn profile, demonstrating how to make edits and providing tips for best practices to highlight your online visibility. We will review use of groups, recommendations, skills, adding connections, messaging through LinkedIn, privacy settings and strategies to grow your network.

**Instructor:** Nancy Wolff Leary

**Course Fee:** \$35

**Thursday, October 9th**

**6:30p.m. – 8:30p.m.**

**Location:** RMHS Library Computer Lab

### MAKING SENSE OF TWITTER

Starting with creating a Twitter profile, we'll review key sections and functionality. Best practices for engagement, including @mentions, will be reviewed. We will explain how to find valuable profiles to follow, based on your business and target clients. We'll cover crafting effective posts, hashtags, lists, searches, shortening links, and linking to your content and others. We will review scheduling tools and will provide tips for best practices to maintain cadence.

**Instructor:** Nancy Wolff Leary

**Course Fee:** \$35

**Tuesday, November 18th**

**6:30p.m. – 8:30p.m.**

**Location:** RMHS Library Computer Lab

### STRATEGIC MARKETING: GENERATING LEADS FOR YOUR BUSINESS

Are you spending too much time marketing and not seeing the results you want? Or are you overwhelmed by all the marketing activities you're told you should be doing? Come to this workshop to learn how to identify the right marketing strategies to drive promising contacts and opportunities. After attending this workshop, you will have an understanding of how to:

- Identify new lead generation techniques
- Evaluate which strategies make sense for you
- Prepare your online presence to maximize conversions
- Nurture leads to convert them into customers

**Instructor:** Nancy Wolff Leary

**Course Fee:** \$35

**Thursday, October 30th**

**6:30p.m. – 8:30p.m.**

**Location:** RMHS Library Computer Lab

## Music

### JUST ONCE GUITAR FOR BUSY PEOPLE

Have you ever wanted to learn the guitar, but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. **Fee includes a workbook and practice DVD.** Topics include: how chords work in a song, how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar (things to avoid), and how to play along with simple tunes.

**Instructor:** Philip Kaplan

**Course Fee:** \$59

**Monday, October 6th**

**6:30p.m. – 9:30p.m.**

**Location:** RMHS Distance Learning Lab, 4<sup>th</sup> Floor

**Register Online**

[http://bit.ly/reading\\_community\\_ed](http://bit.ly/reading_community_ed)

**HEALTH & WELLNESS****AROMATHERAPY FOR SLEEP: SAFETY AND USE OF ESSENTIAL OILS TO IMPROVE SLEEP**

Join us for an informative class on the multiple uses of aromatherapy for bedtime routines. We'll explore the Circadian rhythms and the body's natural chemicals that control sleep and wake periods as well as how essential oils can support these systems. Students will make their own pillow spray formula choosing from a variety of essential oils.

**Instructor:** Amy Kreydin

**Course Fee:** \$20

**Monday, September 29th**  
**6:30p.m.-8:30p.m.**

**Location:** RMHS Library

**Alexander Technique: Introductory Workshop**

The Alexander Technique can help you change poor postural and movement habits reducing pain and tension. Experience how to use your body better in ordinary activities with the teacher's hands-on guidance. Please note: The class consists of two consecutive classes plus one 45 minute private lesson during that week in the teachers Wakefield office.

**Instructor:** Wendy Carrier, AmSAT certified teacher

**Course Fee:** \$72

**Tuesday, September 30<sup>th</sup> & Tuesday, October 7<sup>th</sup>**  
**6:30p.m. – 8:00p.m.**

**Location:** RMHS Library

**Course Materials:** Please bring a blanket or mat and two paperback books for laying on the floor.

**ANCIENT HEALTHCARE FOR A MODERN WORLD**

If you've been struggling with a health condition that doesn't seem to be getting better, you owe it to yourself to attend this seminar. Have you ever been curious about acupuncture but were afraid to try it? This seminar is designed to help you understand how acupuncture can help improve your health. After this seminar, you will have an understanding of how acupuncture can successfully treat all of these conditions:

- *Back, Neck, Knee, full body pain*
- *Headaches and Migraines*
- *Digestive Disorders*
- *Sleep disorders*
- *Low Energy*
- *Menopausal symptoms: hot flashes, night sweats*
- *Irregularities in the menstrual cycle*
- *Infertility*
- *Autoimmune disorders*

Leave the myth and mystery of acupuncture behind and learn how it can help you improve your health.

**Instructor:** Mark Whalen

**Course Fee:** \$15

**Wednesday, October 15th**  
**7:00p.m. – 9:00p.m.**

**Location:** RMHS Library

**INCREASING YOUR ENERGY AND VITALITY**

Do you wake up feeling exhausted in the morning? Do you slump in front of the TV at night feeling drained from your day? Do you wish you had more energy? If so then join Sarah Dubois, Certified Heath Coach, to learn how to increase your energy and vitality, while decreasing stress. In this interactive workshop you will discover:

- Which daily habits decrease energy
- Which foods sustain energy and vitality
- Ideas to combat stress
- How to get a great nights sleep
- Ways to beat "overwhelm" and feel happier

**Instructor:** Sarah Dubois

**Course Fee:** \$20

**Tuesday, October 21st**  
**7:00p.m. – 8:30p.m.**

**Location:** RMHS Library





**STOP SMOKING!**

You've seen the commercials; you've heard the statistics. Now is the time to do something that is good for you. Relaxation and hypnosis-like techniques will help you end the smoking addiction in one session safely and with minimum withdrawal symptoms. Reinforcement CD's available for \$30.

**Instructor: Dr. Susan McCombs**

**Course Fee: \$40**

**Monday, October 27th**

**7:00p.m. – 8:30p.m.**

**Location: RMHS Library**

**SUGAR BUSTERS!**

Stop the sugar habit! What if you had no desire to put anything with sugar into your mouth? What if looking at a product with sugar left you with a feeling of total indifference? No more longing for that chocolate bar or soft drink. What if all the thinking, obtaining, and consuming of sweets got transformed into some positive habit, like exercise or another desired outlet? Focus can be placed on eating moderate, well-balanced meals featuring fresh fruits, vegetables, and lean, quality protein. Watch your energy increase as the sugar leaves your system. No more highs and lows from sugar rushes. It can, and will, happen when you take this class using hypnosis techniques of guided imagery to help you make this change at your powerful subconscious level, the part of you that guides your choices every day.

*Please do not consume alcohol prior to class. Audio CD will be available for \$30 for those who wish to take the program home for reinforcement.*

**Instructor: Dr. Susan McCombs**

**Course Fee: \$40**

**Tuesday, October 28th**

**7:00p.m. – 8:30p.m.**

**Location: RMHS Library**

**BE GLUTEN FREE**

As more and more grocery stores, restaurants and health food stores make gluten free products available we are becoming more aware of the negative health affects for many people who unknowingly are sensitive to gluten found in wheat, barley and rye. For people with Celiac Disease a gluten free diet is essential, but many people are finding they feel better, lose weight and have more energy by eliminating gluten from their diet. We will also discuss replacing the sources of B Vitamins, magnesium, fiber, and some minerals which are found in whole wheat products. Maybe you just want to be free of white flour - the breads, bagels and pastas. This program will help you eliminate these non-nutritious products. You will be left with a feeling of indifference for these products that you release from your eating habits.

**Instructor: Dr. Susan McCombs**

**Course Fee: \$40**

**Monday, November 3rd**

**7:00p.m. – 8:30p.m.**

**Location: RMHS Library**

**INTRODUCTION TO MEDITATION**

Meditation can reduce stress and boost energy and is a surprisingly easy skill to learn. Come join us for this one night workshop to learn the basics of meditation – nothing fancy, just the basics! We will practice and experience at least three different ways to quiet the mind. You will quickly discover that just a few minutes a day devoted to this simple experience will help you manage the stress in your life and increase your overall sense of well-being. Learn to quiet the chattering mind and gain a sense of peace and tranquility. Do not consume alcohol prior to class.

**Instructor: Dr. Susan McCombs**

**Course Fee: \$40**

**Monday, November 10th**

**7:00p.m. – 8:30p.m.**

**Location: RMHS Library**



## MIND/BODY AWARENESS WITH GENTLE FLOW YOGA

Are you feeling out of sorts, tense, and stressed? This class will revitalize your body, relax the mind, increase energy, and reduce stress. Linking together traditional yoga poses to create strength, flexibility, and balance- you will learn a whole new understanding of mind/body awareness. This class is for all levels and abilities. Please bring a towel, Yoga mat, and water to every class.

**Instructor: Connie Pustorino**

**Course Fee: \$49**

### 1<sup>st</sup> Session

**Wednesdays for 6 weeks**

**Starts: Wednesday, September 24th**

**6:30p.m. – 7:20p.m.**

**Location: Killam Elementary School Library**

### 2<sup>nd</sup> Session

**Wednesdays for 6 weeks**

**Starts: Wednesday, November 5th**

**6:30p.m. – 7:20p.m.**

**Location: Killam Elementary School Library**

## SAVE A LIFE! CPR/AED TRAINING



Come to a training on CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator). This two-hour course is video driven with a

return demonstration by each participant. There is no written exam. After successful completion of this course, each participant is eligible to receive a CPR card from the American Heart Association, valid for two years. Be sure to wear comfortable clothing.

**Please note:** Participants who want to have the CPR card must pay a fee of \$7 (payable at class) to the American Heart Association.

**Instructors: Mary Ellen Kirwan, RN & Cindy Ventura, RN**

**Course Fee: \$39**

**Wednesday, October 8th**

**7:00p.m. – 9:00p.m.**

**Location: RMHS, Distance Learning Lab, 4<sup>th</sup> Floor**

## FITNESS & DANCE

### SOCIAL DANCE- BASIC & INTERMEDIATE

Come with a partner and learn to be comfortable and at ease on the dance floor. Our instructors will provide you with the basic steps of the Foxtrot, Cha Cha, Waltz, Rumba, and Swing. You will learn techniques of leading and following, while developing a feel for the different rhythms and movements of each dance. Intermediate dancers will receive a review and then progress to advanced steps based upon ability. Wear comfortable shoes and be prepared for a great time!

**Instructors: Paul & Doris Demers**

**Course Fee: \$90/Couple**

**Wednesdays for 8 weeks**

**Starts: Wednesday, September 24th**

**7:00p.m. – 8:00p.m.**

**Location: Coolidge Middle School Cafeteria**



### SOCIAL DANCE- ADVANCED

Advanced class will review the basic steps with the addition of new steps plus various steps in other rhythms of choice such as Tango, Bolero, and Mambo.

**Instructors: Paul & Doris Demers**

**Course Fee: \$90/Couple**

**Wednesdays for 8 weeks**

**Starts: Wednesday, September 24th**

**8:00p.m. – 9:00p.m.**

**Location: Coolidge Middle School Cafeteria**

**BELLY DANCING**

Come and try belly dancing! It is fun and a great way to get fit and toned! The class is for women of all ages and body types. In this class, you will learn the captivating rhythms of the brass finger cymbals, the graceful flowing veil, and basic moves of traditional belly dance while dancing to the sounds of Middle Eastern music. If there is interest, we will go on a field trip to see a belly dance performance. Wear comfortable clothes and come have fun!

**Instructor: Dunia**

**Course Fee: \$40**

**Tuesdays for 8 weeks**

**Starts: Tuesday, September 30th**

**(No class 10/14 & 11/11)**

**7:00p.m. – 8:00p.m.**

**Location: Birch Meadow School Gymnasium**

**STRENGTH & TONE**

This is a class for anyone who wants to get fit or improve their fitness level! This sculpting and toning class will use a combination of hand weights and a variety of exercise equipment to strengthen and tone every major muscle group in your body. Co-ed class and all levels of fitness are welcome! Please bring a Yoga mat and hand weights to every class.



**Instructor: Connie Pustorino**

**Course Fee: \$49**

**1<sup>st</sup> Session**

**Wednesdays for 6 weeks**

**Starts: Wednesday, September 24th**

**5:30p.m. – 6:20p.m.**

**Location: Killam Elementary School Gymnasium**

**2<sup>nd</sup> Session**

**Wednesdays for 6 weeks**

**Starts: Wednesday, November 5th**

**5:30p.m. – 6:20p.m.**

**Location: Killam Elementary School Gymnasium**

**MEN'S FITNESS**

This course is designed for men. It offers exercise and conditioning within a slower paced team sport concept (Basketball).

**Course Fee: \$40/session**

**Location: Parker Middle School Gymnasium**

**Tuesdays for 8 weeks**

**Coordinator: Ron McLaughlin**

**Starts: Tuesday, September 30<sup>th</sup>**

**7:00pm-9:00pm**



**Thursdays for 8 weeks**

**Coordinator: Dan Merlin**

**Starts: Thursday, October 2nd**

**8:00p.m. – 10:00p.m.**

**WOMEN'S FITNESS**

This course is designed for women. It offers exercise and conditioning within a fast paced pickup style basketball game.

**Coordinator: Liz Richissin**

**Course Fee: \$45**

**Mondays for 9 weeks**

**Starts: Monday, September 29th**

**7:00p.m. – 9:00p.m.**

**Location: Parker Middle School Gymnasium**



**Register Online**

[http://bit.ly/reading\\_community\\_ed](http://bit.ly/reading_community_ed)



## HOBBIES & SKILLS



### SPANISH I: AN INTRODUCTORY TO SPANISH

This course is an introductory course to Spanish. However, those with some Spanish background will be engaged and increase their knowledge and proficiency. The course will be taught using thematic vocabulary and grammatical structures in order to develop oral and written proficiency. No prior experience necessary. Course focus will be tailored to the needs of the students. A notebook is needed for the first night of class.

**Instructor:** Laurie Smith, RMHS Spanish Teacher  
**Course Fee:** \$180 (includes cost of textbook)

**Wednesdays for 10 weeks**

**Starts:** Wednesday, September 24th

**6:30p.m.-8:30p.m.**

**Location:** RMHS Class Room 224

### KNITTING: BASICS & BEYOND

Do you want to learn how to knit or expand the knitting skills that you already have? Instruction during this class will begin at the level where you are comfortable and will move you along at a pace that is just right for you. No pressure...really! Optional project will be presented at different skill levels. There will be plenty of opportunity for individual attention. Please bring size 6, 7, or 8 metal or plastic knitting needles, along with a light colored worsted weight yarn (the labels will indicate the "weight") to the first class. *Class size maximum = 8 students.*

**Instructor:** Debra Kass

**Course Fee:** \$80

**Mondays for 8 weeks**

**Starts:** Monday, September 29th

**7:00p.m. – 9:00p.m.**

**Location:** RMHS Library



### FURNITURE REFINISHING

This course is designed to give the student the basic knowledge of furniture repair, restoration, and refinishing. Each student will be expected to provide their own materials (aided by the instructor's expertise) and to bring a piece of furniture. Supply list will be emailed prior to the start of class. There is no storage space provided for furniture.

**Instructor:** Stephen Trites

**Course Fee:** \$80

**Wednesdays for 8 weeks**

**Starts:** Wednesday, October 1st

**7:00p.m. – 9:00p.m.**

**Location:** RMHS Back Stage Room

### FALL GARDENING TIPS

The steps that are used for closing your garden in the fall will determine how well it performs the following year. This 3-hour course will provide training and tips on preparing the garden to survive the winter and perform better in the spring. The session will cover information on digging and storing tender bulbs, protecting perennials, lawn tasks, general yard maintenance, and planting and preparing the garden for spring.



**Instructor:** Peter Coppola

**Course Fee:** \$25

**Saturday, October 4th**

**9:00a.m.-12:00p.m.**

**Location:** RMHS Art Room 226



### HAIR BRAIDING 101

Need a little help getting your daughter's hair to look put together before you send her off to school? This workshop is designed especially for a mother and daughter fun night out! Come join us and learn 2 – 3 basic braids with a hands on approach. Fee includes a goodie bag and gratuity.

**Instructor:** Salon on Haven Stylist

**Course Fee:** \$40

**Monday, October 6th**

**7:00p.m.-8:00p.m.**

**Location:** Salon on Haven, 55 Haven Street, Reading



### INTRO TO IMPROVISATION

Have fun in a relaxed atmosphere learning the basic skills of improvisation. Explore this special art form that can sharpen your ability to think on your feet and build confidence in public speaking.

**Instructor: Angela Merrill, Colonial Chorus**

**Players**

**Course Fee: \$120**

**Wednesdays for 6 weeks**

**Starts: Wednesday, October 15th**

**7:00p.m.-8:30p.m.**

**Location: RMHS Distance Learning Lab, 4<sup>th</sup> Floor**

### RED CROSS BABYSITTING COURSE

This course gives students the knowledge and confidence to care for infants and school-age children. Combining video, activities, hands-on skills training and discussion for a complete learning experience. Babysitter's Training teaches students to:



- Respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care
- Communicate with parents to learn household rules
- Make decisions under pressure
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper, and care for infants
- Start their babysitting business

**Instructor: Certified Red Cross Instructor**

**Ages: 11-15 years**

**Course Fee: \$115**

**Saturday, October 18th**

**9:00a.m. -3:30p.m.**

**Location: RMHS-Distance Learning Lab, 4<sup>th</sup> Floor**



### KEEPING YOUR PET SASSY BETWEEN GROOMINGS

Learn how to properly maintain your pet between groomings. We will instruct participants how to properly brush and detangle the coat, lightly cleanse ears, brush teeth, and care for nails.

**Instructor: Malinda Leone Costa**

**Course Fee: \$15**

**Wednesday, October 22nd**

**7:00p.m.-8:30p.m.**

**Location: Sassy Paws Pet Styles  
102 B Main Street, Reading**



### PAINT NIGHT!

Looking for a fun night out? Have you heard of those popular painting classes where you take home your own beautifully painted canvas at the end of the night? Well try one out! It is a fun and relaxing way to spend some time. Previous painting experience is not necessary, just come unlock your inner artist! We will all work on the same design, but the finished product will be individually yours. All supplies are included.

**Instructor: Martha Salz**

**Course Fee: \$35**

**Location: Venetian Moon, 680 Main Street, Reading**

#### 1<sup>st</sup> Session

**Wednesday, October 15th**

**7:00p.m. - 9:00p.m.**

#### 2<sup>nd</sup> Session

**Wednesday, November 5th**

**7:00p.m. - 9:00p.m.**



**Register Online**  
[http://bit.ly/reading\\_community\\_ed](http://bit.ly/reading_community_ed)



## BUYING OR SELLING: BE INFORMED!

Buying or selling a home can be overwhelming if you're unsure about what to expect or how the process works. In this class you will learn about current market trends, how and what to prepare for buying and selling, and what services to expect from your agent.

**Instructor:** Rick Nazzaro, Colonial Manor Realty

**Course Fee:** \$35

**Thursday, November 6th**

**7:00p.m.-9:00p.m.**

**Location:** RMHS Library

## EXTREME COUPONING

Do you want to learn how to save up to 50-100% on groceries including meat, dairy, seafood, organic food, produce and more? In this class, you will be taught how to save on back to school items, household goods, clothing, medication, office supplies, customized items and **MORE!** This is done every day in our local stores and you can learn how to do it, too! Don't just survive in this difficult economy, but **THRIVE!** This is a fun 2½ hour class. Come and learn the tricks of the trade and start saving your hard earned money today! Elizabeth has gotten a \$375 grocery bill down to \$0 with coupons and you can do it too! As a suggestion, please bring to this event one or more non-perishable food item(s) to be donated to the local food pantry. Most food pantries are struggling and donations are down more now than in recent years. Your help is greatly appreciated.



**Instructor:** Elizabeth Lahens

**Course Fee:** \$25

**Thursday, November 20th**

**6:30p.m. – 9:00p.m.**

**Location:** RMHS Classroom 205

## INVESTMENT & FINANCE

### BEFORE YOU TAKE A CLASS

Our financial courses are not intended to substitute for individual financial counseling or legal advice. Neither RCE nor the Reading Public Schools may give specific advice on personal investments. Please don't make any financial decisions based on recommendations from our independent instructors without first checking with your own advisors about the suitability of such actions.

### YOU CAN AFFORD COLLEGE IF...

...you **PLAN** in advance

...you **UNDERSTAND** the financial aid process

...you **ACT** early enough to be successful

Financial aid goes to the families who **plan** in advance—ideally before December 31<sup>st</sup> of the child's **sophomore year** of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by **understanding** the process and how implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. The greatest amount of financial aid goes to the families who **act** in the years before college. **REMEMBER: Procrastination equals less financial aid.** All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information please visit our website at [www.collegefundingadvisors.com](http://www.collegefundingadvisors.com).



**Instructor:** Don Anderson

**Course Fee:** \$15 per Individual, \$20 per Couple

**Thursday, October 16th**

**7:00p.m. – 9:00p.m.**

**Location:** RMHS Classroom 205

**Register Online**

[http://bit.ly/reading\\_community\\_ed](http://bit.ly/reading_community_ed)

## UNDERSTANDING LONG-TERM CARE PLANNING: SORTING OUT THE OPTIONS

This course is for those approaching or in retirement, as well as family members concerned about aging parents. Have you considered the impact of long-term care costs on your spouse and family? There are ways to protect your savings and home should long-term care be required. In this workshop, we will review types of care, cost and who pays for various options; the role of Medicare and Medicaid; types of insurance available to help pay for care and what to look for when evaluating policies. We will compare traditional long-term care policies with newer hybrids that can guarantee a payment for care and/or provide a life insurance benefit. This class will provide information that puts you in the driver's seat to make crucial decisions that can affect you and your family.



**Instructor: Mark Baron**

**Course Fee: \$10**

**Tuesday, October 28th**

**7:00p.m. – 9:00p.m.**

**Location: RMHS Library**

6	Classroom Session 4	Tue	10/21	06:00 PM - 09:00 PM
7	Practice Test 3	Sat	10/25	09:00 AM - 01:00 PM
8	Classroom Session 5	Tue	10/28	06:00 PM - 09:00 PM
9	Practice Test 4	Sat	11/01	09:00 AM - 01:00 PM
10	Classroom Session 6	Tue	11/04	06:00 PM - 09:00 PM

**Instructor: KAPLAN Test Prep Teacher**

**Course Fee: \$699**

**Location: RMHS Classroom 205**

**Register: Call 1-800-KAP-TEST or go to**

**[www.Kaplanatschool.com/reading](http://www.Kaplanatschool.com/reading)**

**Class Code: SAKA14056**



## SAT PREP COURSES

### KAPLAN TEST PREP– SAT COURSE

Prepare for the **November 8<sup>th</sup>** SAT. This program includes 18 hours of in-class instruction, 4 in-class tests and 6 additional times, online tests. You will receive a clear analysis of your score reports to help you understand your strength while showing you where you can improve.

Session	Topic	Day	Date	Time
1	SAT Diagnostic: Practice Test 1	Sat	9/27	09:00 AM - 01:30 PM
2	Classroom Session 1	Tue	9/30	06:00 PM - 09:00 PM
3	Classroom Session 2	Tue	10/7	06:00 PM - 09:00 PM
4	Practice Test 2	Tue	10/14	06:00 PM - 10:00 PM
5	Classroom Session 3	Sat	10/18	09:00 AM - 12:00 PM

## ONLINE COURSES

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**INSTRUCTOR BIOS**

**DON ANDERSON** has been working with college strategies since 1990 and has successfully guided his three children through the financial aid process. As a College Funding Advisors Associate, he now lectures extensively throughout the greater Boston area on his experience and insights in the financial aid system.

**MARK BARON** is the owner of Baron Long Term Care Planning. Mark has been a guest on WBZ Radio's Family Financial Focus, and had a regular, weekly segment during 2008 on "The Money Matters" radio show. He also specializes in assisting other financial professionals in making proper recommendations to their clients.

**Peter Coppola** earned his Master Gardner certification in 2003. He began his career as a mechanical engineer and in 1999, as a hobby, he began to produce gardening articles and related videos for the Burlington weekly newspaper. He continues to write a weekly newspaper Germinations column published by GateHouse Media and provides lectures, workshops and classes throughout Middlesex County.

**Malinda Leone Costa** has been a Certified Pet Stylist for over 12 years. She is a certified Dog Trainer as well as Certified in Pet CPR and First Aid and a long standing member of NEPGP (New England Pet Groomer Professionals). She is the proud owner of this new unique Pet Salon, Sassy Paws Pet Styles in Reading.

**PAUL AND DORIS DEMERS** are nationally certified ballroom dance instructors who teach at many locations on the north shore, on cruise ships, and at resorts. They also provide DJ services for parties.

**PHILIP KAPLAN** has a B.M. degree in Guitar Composition from the New England Conservatory in Boston. He currently teaches K-8 General Music at the Odyssey School in Wakefield, Massachusetts.

**DEBRA KASS** is an avid knitter who enjoys sharing her passion for knitting with her students.

**MARY ELLEN KIRWAN**, Mary Ellen Kirwan, RN, MEd, NCSN has been a pediatric nurse for 30 years. She is a Reading resident, and has been a school nurse for the district for the past 14 years

**AMY KREYDIN** Amy earned her certificate as a *Certified Reflexologist* from the Palmer Institute of Massage & Bodywork in Salem, Massachusetts in June, 2004. She was awarded her board certificate in Reflexology from the American Reflexology Certification Board after sitting for their written and practical testing in New York, New York in June, 2006. Amy earned her certificate as a *Certified Clinical Aromatherapy Practitioner* from R.J. Buckle Associates at Boston Medical Center in March, 2011. Amy has continuously run a full-time practice for 9 years seeing hundreds of clients in her clinic and going on out-calls to clients in hospitals.

**NANCY WOLFF LEARY**, founder and president of Online Amplify, has over 25 years of experience in both corporate settings and start-up roles. She works with clients in a variety of industries, helping to optimize their online presence, bring visibility to their websites, and build their credibility online.



## INSTRUCTOR BIOS

**ANGELA MERRILL** (Instructor) holds a B.A. in English from UMASS Lowell and has been teaching/directing theatre for over 14 years. She has directed many shows including but not limited to: **Beauty and the Beast, Grease, Once Upon a Mattress, Annie Jr., Into the Woods Jr.** and **FAME**. Angela currently works as the Education and Membership Coordinator for RCTV Studios and is also the President of Colonial Chorus Players.

**DR. SUSAN MCCOMBS** has a doctorate in C.O.R.E. counseling and is a Board Certified Clinical Consulting Hypnotherapist. She combines her skills from many years of study to help people change unwanted behaviors at the subconscious level. [www.bedfordempowerment.com](http://www.bedfordempowerment.com)

**RICK NAZZARO** A lifelong Reading resident, Rick has been a Realtor for 28 years. Twenty-five years ago, he decided to open his own Real Estate office, along with his partner Bobbie Botticelli. His real estate office has become the most successful agency around. They consistently have the highest volume of sales among their competition.

**CONNIE PUSTORINO** has been in the fitness industry for 13 years and is very passionate about health and wellness. She teaches a variety of group exercise classes with a specialty in Boot Camp, Nutrition, and Yoga. She is certified through AFAA, SCW, NESTA, and YogaFit.

**MARTHA LENOX SALZ** hand-paints clothing, signs and furniture, and for 12 years sold her items at craft shows throughout New England. Recently she has taught after-school art classes in the Reading elementary schools.

**LAURIE SMITH** is a Massachusetts certified Spanish teacher for grades five through 12. She has been teaching at Reading Memorial High School since 2007.

**STEPHEN TRITES** has more than 40 years of experience in restoring fine furniture. He is the owner of Furniture Restoration, located in Reading.

**DUNIA WEBBER** teaches the art of belly dancing to women in the area and has enjoyed this art form for over 3 decades. She has also belly danced on stage in the '80s in the Middle Eastern night clubs for several years.

**MARK WHALEN** is the owner of Five Points Acupuncture and Wellness in Reading. Mark is a licensed acupuncturist in the state of Massachusetts and is licensed to practice Chinese herbal medicine by the National Certification Commission for Acupuncture and Oriental Medicine. Mark has been in private practice for over seven years and has gained extensive clinical experience treating a wide range of disorders among a diverse patient base.

**FALL 2014 REGISTRATION FORM**

NAME: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
(STREET) (TOWN) (ZIP CODE)

DAYTIME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

EMERGENCY CONTACT (NAME &amp; NUMBER): \_\_\_\_\_

**COURSE SELECTION**1) \_\_\_\_\_  
(COURSE NAME) (COURSE START DATE) (FEE)2) \_\_\_\_\_  
(COURSE NAME) (COURSE START DATE) (FEE)3) \_\_\_\_\_  
(COURSE NAME) (COURSE START DATE) (FEE)

TOTAL FEE: \_\_\_\_\_ CHECK #: \_\_\_\_\_ (PAY TO TOWN OF READING- ADULT ED)

I, \_\_\_\_\_, do hereby forever release, acquit, discharge, and covenant to hold harmless the Town of Reading/Reading Public Schools and its successors, employees, agents, servants, and officers from any and all actions, causes of action, and claims, demands, damages, costs, on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage which I may have now or hereafter have from my participation in the Reading Public Schools evening/summer programs. Furthermore, I hereby agree to indemnify, reimburse, or make good to the Town of Reading/Reading Public Schools or its employees, agents, servants, and officers any loss or damage or costs, including attorney's fees, the Town or its representatives may incur if any litigation arises from my intentional, grossly negligent, or reckless acts or omissions while participating in said Reading Public Schools evening/summer programs. I understand that these programs may involve physical activity and hereby state that I am in proper physical condition for participation in such programs. I have fully read and understand the terms of this release and waiver.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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